Happy Thanksgiving

Your Safety Office Presents:

Thanksgiving Safety Tips!!!

Holliday Cooking

- Avoid wearing loose-fitting clothing.
- Never leave the kitchen unattended when cooking.
- Always turn pot handles inward.
- Don't store items on the stove top - they could catch fire.
- Keep kitchen appliances clean and in good condition -- turn off after use.
- Don't overload electrical outlets or use electrical appliances near water.
- Be sure the kitchen is well ventilated to prevent the build-up of carbon monoxide from gas cooking appliances.

Turkey Safety Tips

Cool it

Place in refrigerator or freezer immediately. Do not refreeze.

Thaw it

Never thaw frozen turkey at room temperature. Leave in original package and…

➔ … place turkey in your refrigerator.
Allow 5 hours per pound (10 hrs/kg) for thawing in the fridge…

➔ … or cover turkey completely with cold water. Change water every hour. Allow 1 hour per pound for thawing with water.

NOTE: DO NOT THAW a frozen, pre-stuffed turkey! Cook from frozen state and check instructions.

Clean it

Remove neck and giblets from body cavity.

Rinse inside and out with cold water. Thoroughly pat dry with paper towels.

NOTE: Always wash hands thoroughly in hot soapy

Turkey Safety Tips

Cook it

- Center of meat should not be pink & juices should run clear.
- When baking, set oven no lower than 325° F or 160° C.
- After cooking, refrigerate leftovers. Separate into small portions for fast cooking. To reheat all leftovers, cover and heat until hot and steaming throughout.

Store it

- *Fresh:* when storing fresh turkey, remove giblets and refrigerate in a covered container for use within two days.
- *Frozen:* whole turkeys can be kept frozen for one year, parts for six months. Once thawed, treat as fresh and do not refreeze until cooked.
- *Cooked:* Cooked turkey may be stored in a covered container, plastic bag or aluminum foil for up to four

Hosting a Party?

Be a Good Host

- Have a variety of non-alcoholic beverages available for designated drivers and non-drinkers.
- Have plenty of hors d'oeuvres for guests. Mini sandwiches, breaded foods, and cheeses are filling and will slow down the consumption of alcoholic beverages.
- Salty foods encourage thirst, so limit these items.
- Measure the amount of alcohol poured into drinks and ensure mixers are used. This reduces the risk of intoxication.

Hosting a Party?

Be a Good Host (Cont'd)

- Ensure you have designated drivers available. If a designated driver imbibes or is not available, make alternate plans.
- Have back-up plans that include sober volunteer drivers, taxis, or sleeping arrangements.
- Under no circumstances should a person be allowed to drive after alcohol consumption.

A novel idea is to collect keys upon arrival, attach them to a gift or door prize (all within viewing), and return them to the owner prior to leaving. If a

Going to Party?

No Drinking and Driving!!!

- It can ruin your holiday, your career, your life, and the lives of others!!!
- Be responsible!!! Have a designated driver, call a taxi, or call your unit/supervisor.
- Every unit has a ride home / designated driver program. Everyone should know who to call in case they need a ride home.

Going to Party?

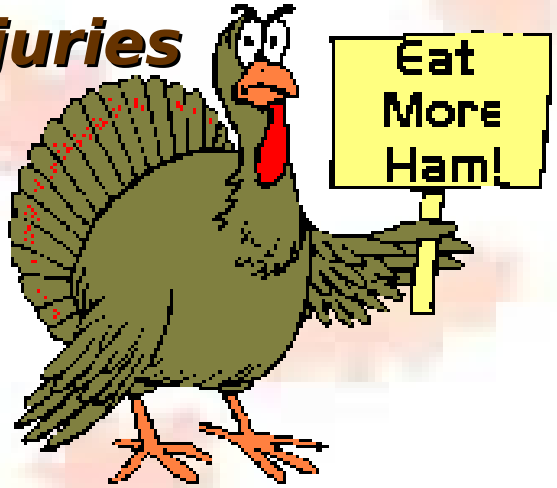
Alcohol Injuries/Poisoning

- Continually monitor any intoxicated person.
- Check the breathing and ensure the person is not unconscious.
- Do not exercise the person.
- Do not allow the person to drive a vehicle or ride a bicycle.
- Do not give the person food, liquid, medicines or drugs to sober them up.
- Do not give the person a cold shower; the shock of the cold water could cause unconsciousness.

Passing Out Doesn't Mean Sleeping It Off!

Personal and Travel Safety

Causes of POV Accidents/Injuries



Driving after Drinking

Driving while Fatigued

Excessive Speed

Failure to Wear Seat Belts

Prepare Your Vehicle

Winterize Your Vehicle

Have Your Vehicle Checked/Inspected

Carry Emergency Kit in Your Vehicle

Prepare Yourself

Dress Properly and Never Become Overconfident in Your Ability To Deal with the Dangers of the Cold Temperatures.

While Walking or Jogging, Stay as far off the Roadway as Possible, Wear Bright Colored Clothes, Wear A Reflective Belt/Vest and Carry a Flashlight or Chemical Stick.

REMEMBER, ACCIDENTS TAKE NO HOLIDAYS OR TIME OFF

General Rules for Fire Safety

- Keep matches, lighters, and candles out of the reach of children.
- Avoid smoking near flammable decorations.
- Make an emergency plan to use if a fire breaks out anywhere in the home. See that each family member knows what to do.

PRACTICE THE PLAN!!!

- Dry evergreens burn like tinder in the fireplace. Flames can flicker and send sparks flying into the room or up the chimney to ignite creosote deposits.

General Rules for Fire Safety

- Avoid wearing loose fitting clothes and long, open sleeves near open flames such as fireplace, stove, or candles.
- Plan for safety and use common sense. Look for and eliminate potential danger spots near fireplaces and/or electrical connections.
- Purchase fire extinguishers that are designed to put out the types of fires most likely to occur in the areas where they are located. Extinguishers are rated for

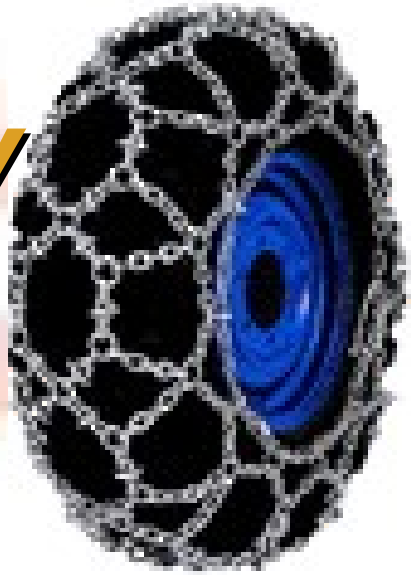
Decorating for Christmas!

- If you use a real tree keep water re-supplied and check for dryness.
- Do not use real candles on the tree.
- Keep fire extinguisher handy.
- Use grounded extension cords.
- Use UL listed decorations.
- Inspect cords for fraying and loose connection.
- Do not use indoor extension cords outside.
- Use proper elevation devices. Do not use a chair

Recreational Safety

- ***Be prepared for the activity***
- ***Wear appropriate clothes & equipme***
- ***Don't overestimate your abilities – quit when you get tired or cold***
- ***For activities in backcountry – go in groups and tell someone where you're going and when you'll return***

Tire Chain Safety



- Get the proper size/type
- Consult the owner's manual
- Adjust properly and practice installation

- Select a safe location to install/remove tire chains
- Watch your fingers/toes – set parking brake to install/remove chains

More detailed information is available at:

http://www.per.hqusareur.army.mil/services/safetydivision/winter/Powerpoint/Tire%20Chain%20Safety.ppt

Cold Weather Injury Prevention

Remember *C-O-L-D*

When using Cold Weather Clothing:

Keep it… **C lean**

Avoid… **O verheating**

More detailed information is available at:

Snow & Ice Removal

- Be careful to avoid slips and falls.
- Dress appropriately - wear reflective clothes.
- Use proper equipment.
- Take your time – don't overdo it (strenuous work in the cold can cause heart problems!)
- Stay alert to prevent cold weather injuries.
- Keep an eye on traffic – sliding vehicles could hit you even on sidewalks/entranceways…

More detailed information is available at:

http://www.21tsc.army.mil/aerpe/Safety%20Page%20-

Suicide Prevention

Primary Signs: Feeling Hopeless/Helpless/Worthless

Depressive Symptoms: Withdrawal, Sadness, Lack of Energy, Weight Change, Irritability, Emotional Flatness or Emptiness

Keys to Prevention: Be Alert to Warning Signs and Reach Out to the Suicidal Person

Remember: Take Threats Seriously Answer "Cries for Help" Confront the Problem Tell Them You Care GET PROFESSIONAL HELP!!!

More detailed information is available at:

Your Command Safety Office Wishes You & Your Family A Safe & Happy Thanksgiving